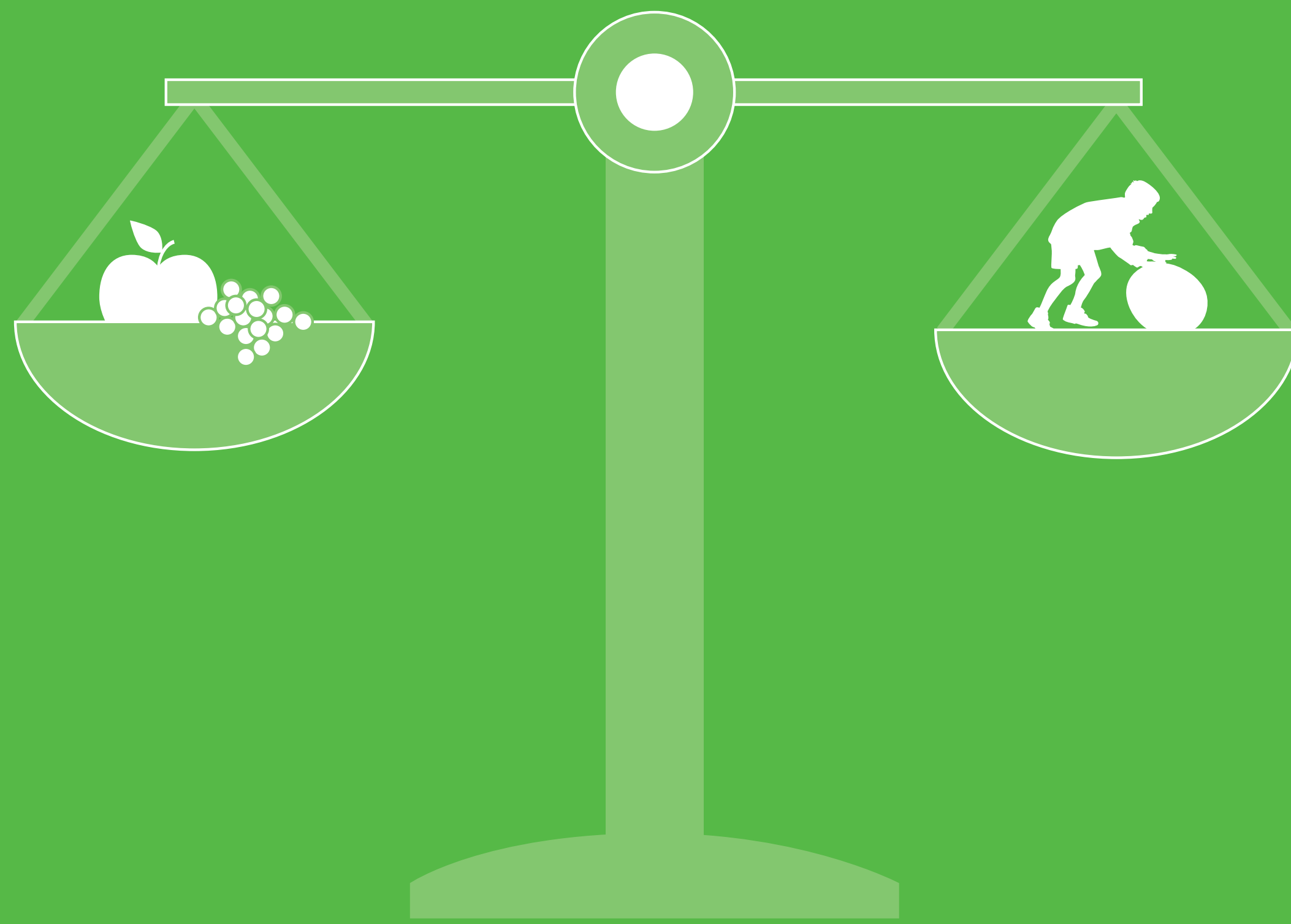




This might be the
MOST IMPORTANT
equation you learn
this year:

$$\text{ENERGY BALANCE} = \text{ENERGY IN} + \text{ENERGY OUT}$$



Every day, try to balance what you eat and drink with how much you move.

How do you find your energy balance?

1 ENERGY IN!

Eat plenty of colorful fruits and vegetables.

Drink more water.

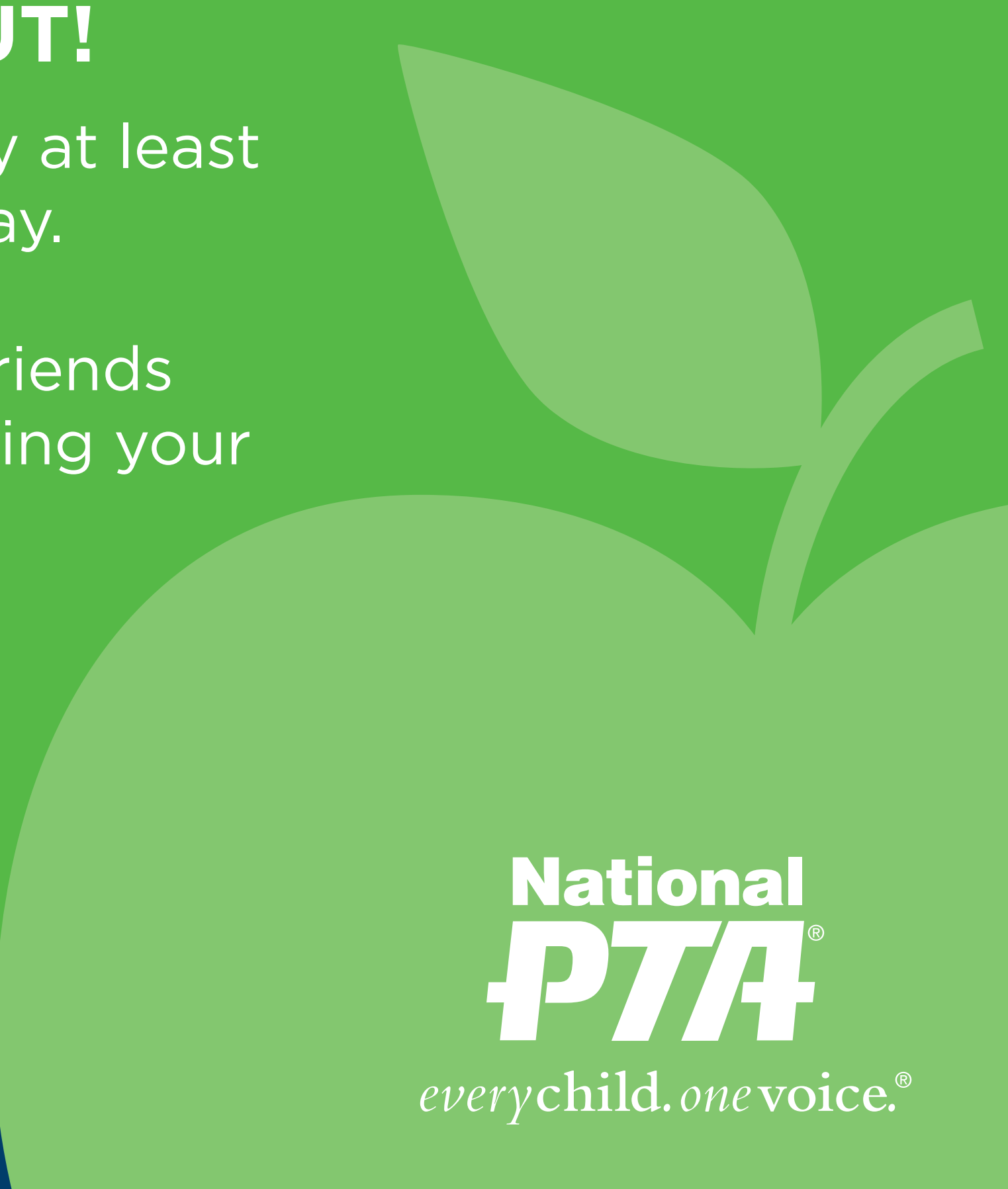
2 ENERGY OUT!

Move your body at least 60 minutes a day.

Have fun with friends dancing or playing your favorite sport.

Walk, bike or skate to school.

Learn more at
[PTA.org/healthandsafety](https://www.pta.org/healthandsafety)



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